



## Summer Corn Salad

### Ingredients:

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5 Tsp olive oil

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1 Tbsp. lime juice

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1 /8 Tsp salt

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¼ Tsp hot sauce

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1 ½ cups of fresh or frozen corn

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1 ½ cups of halved cherry tomatoes

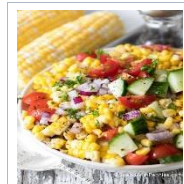
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½ cup finely chopped cucumber, ¼ cup crumbled feta cheese

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¼ cup chopped red onion , 2 Tbsp. fresh basil

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Yield: 4 servings

Serving size: 1/2  
cup



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### Instructions:

1. In a small bowl whisk 4 Tsp of oil, lime juice, salt and hot sauce. Set aside
  2. In a large skillet, cook and stir corn in remaining oil over medium-high heat until tender. Transfer to a salad bowl and let cool slightly. Add the tomatoes, cucumber, onion and basil. Drizzle the dressing and toss to coat evenly.
  3. Let stand for 10 minutes before serving or refrigerate until chilled. Sprinkle cheese just before serving
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### Nutrition Per Serving:

Calories: 140 Fat: 10 Carbohydrate: 15g Sodium: 300 mg Protein: 4g

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